



IN THIS BOX:

1/2# Salad Mix
 1 b Asian Greens - Mizuna
 1 Watermelon - Blacktail Mountain
 1 b Radish - Pink Beauty
 2 Pepper - Red Bell
 1 pint - Tomatillos
 2 # Sweet Potatoes - Covington
 1/2# Braising Mix - Kale, Chard & Beet Tops
 1 b Herb - Sage

PRODUCE



FRESH

About This Week's Produce

Asian Green - Mizuna - is the super food of the week! AKA Japanese greens or California Peppergrass is a wonderful mild green with a delicious crunchy stem! I love its pretty patterned light to dark green leaves that resemble a feather or a fern. You will enjoy this mild green raw or cooked! They will cook down quickly & can be added to most dishes like spinach. Another yummy thing you can do with fresh greens to warm them is chop them roughly & toss with boiled & mashed potatoes, olive oil, onions, garlic & sea salt. Mizuna is an excellent source of Vitamins K, C, E & A, & copper & a good source of manganese, calcium, Vitamin E & B-complex. We hope you like this lovely addition to the box this week!

Watermelon - Blacktail Mountain - is a sweet addition to the box this week. This nice smaller watermelon has a scarlet flesh & dark green-black rind. It is sweet & juicy...did you know that you can use watermelon flesh in cold soups with citrus or in salads with arugula or other strong flavored greens to balance the flavor? This particular variety, "was bred by Seed Savers Exchange member Glenn Drowns in the 1970s. At the time he lived in northern Idaho where the summer nights averaged 43 degrees F. It is possible that the watermelon originated in Africa & that it was cultivated in the Nile Valley as early as the 2nd millennium BC & is mentioned in the Bible. Later the watermelon was brought to India & China before being brought to Europe. It was brought to North America by European colonists & African slaves."

Radish - Pink Beauty is a sight for sore eyes....we planted at least 6 rounds of radishes this season with 100% failure before this successful planting. Why all the failure?...well a lot of it has to do with timing & germination. Once Larry seeds the radishes he must water them in & radishes do not like hot a weather so if it happened to be a hot day & little to no rain or Larry was unable to get them watered...well this is a recipe for failure. This beautiful round pink radish is tasty & delicious. Please know that radish greens are 6X higher in Vitamin C than the root & are filled with nutrition like calcium, Vit A,C, E & K. Best cooked PLEASE EAT THESE GREENS!

LET US KNOW HOW THE RECIPE
WORKED FOR YOU!

Weekly Recipe



10 - Spice Vegetable Soup with Cashew Cream modified from "The Oh She Glows Cookbook"

Ingredients

3/4 cup raw unsalted cashews (soaking 4-8 hrs will soften & make easier to blend & easier to digest)
 6 cups vegetable broth
 2 teaspoons extra-virgin olive oil
 4 cloves garlic, minced
 1 sweet or yellow onion, diced
 3 medium carrots, chopped
 1 red bell pepper, chopped
 1 1/2 cup chopped sweet potatoes (we keep the skins on for more nutrition)
 2 stalks celery, chopped
 1 (28-ounce) can diced tomatoes, with their juices
 1 Tablespoon **10-Spice Blend***
 sea salt to taste
 2 bay leaves
 1-2 cups greens (can use basing mix, kale or mizuna chopped)
 15 ounces chickpeas or other beans (canned or cooked dry beans)

Directions

In a blender, combine the cashews with 1 cup of the vegetable broth & blend on the highest speed until smooth. Set aside. In a large saucepan, heat the oil over medium heat. Add the garlic & onion & sauté for 3-5 minutes, or until the onion is translucent. Add the carrots, bell pepper, potato, celery, diced tomatoes with their juices, remaining 5 cups broth, the cashew cream & the 10-Spice Blend. Stir well to combine. Bring to boil & reduce heat to medium-low. Season with sea salt to taste & add bay leaves. Simmer the soup, uncovered, for at least 20 minutes, until the vegetables are tender. During the last 5 minutes of cooking, stir in the fresh greens & beans. Remove & discard the bay leaves before serving. Enjoy!

*10-Spice Blend:

2 Tablespoons smoked paprika
 1 Tablespoon garlic powder,
 1 Tablespoon dried oregano
 1 Tablespoon onion powder,
 1 Tablespoon dried basil,
 2 teaspoons dried thyme
 1 1/2 teaspoons sea salt,
 1 teaspoon cayenne pepper or less to make less spicy if desired

Farm Happenings

It has been a very busy week of prepping the fallow fields for Winter cover-cropping. Larry has to mow, amend & then seed the Winter rye ASAP! We also are excited to share we purchased a Boom-Sprayer for spraying the composted humate tea that will arrive next week! EXCITING! Sincerely, Your Farmers the Leshers